

WORKSHOP SCHEDULE



Scheduled activities are subject to change

Friday, April 4

1:00-4:00 p.m.	Scavenger Hunt
3:00-9:00 p.m.	Check in at Turkey Run Inn
5:30-6:15 p.m.	Dinner in Lusk Room
6:15-7:30 p.m.	Welcome and keynote speaker Lori Borgman
	"All Stressed Up and No Place to Go"
8:30 p.m.	Owl Prowl with TR naturalist (outdoors)

Saturday, April 5

7:00-7:45 a.m.	Hike - sign up at check-in
7:00-7:45 a.m.	Breakfast 1 st shift
7:45-8:30 a.m.	Breakfast 2 nd shift
8:45-10:00 a.m.	Session 1 - see registration form for courses scheduled this session
10:15-11:30 a.m.	Session 2 - see registration form for courses scheduled this session
11:45-12:30 p.m.	Lunch 1 st shift
12:30-1:15 p.m.	Lunch 2 nd shift
1:15-2:00 p.m.	Free time
2:00-3:15 p.m.	Session 3 - see registration form for courses scheduled this session
3:30-4:45 p.m.	Session 4 - see registration form for Courses scheduled this session
4:45-5:30 p.m.	Free time
5:30-6:15 p.m.	Dinner 1 st shift
6:15-7:00 p.m.	Dinner 2 nd shift
7:30- 10:30 p.m.	Hoedown party and cash bar, hayride; wear your western gear!

Sunday April 6

7:00-7:45 a.m.	Hike - sign up at check-in
7:00-7:45 a.m.	Breakfast 1 st shift
7:45-8:30 a.m.	Breakfast 2 nd shift
8:45-10:00 a.m.	Session 5 - see registration form for Courses scheduled this session
10:15-11:30 a.m.	Session 6 - see registration form for Courses scheduled this session
11:45-12:30 p.m.	Lunch 1 st shift
12:30-1:15 p.m.	Lunch 2 nd shift

Special Needs

We will make reasonable efforts to accommodate persons with special needs. Please include information with your registration form describing any special needs you may have.

Facility Information

Turkey Run Inn has a variety of lodging. If you have difficulty negotiating stairs, there is one elevator located in the main lobby of the lodge. You can request a particular type of lodging, but cabins require a specific number of people. Rooms will be available first come, first served. Meals are served buffet style in our dining room. Vegetarian options are available. *Please be advised* that there is a gate fee to enter the park. (\$5 for IN residents, \$7 for out of state) Once you have paid you will be give a pass.

Restrictions

This weekend is designed for adults. Participants must be at least 18 years old to register. Due to room limitations, this is a women - only event.

Registration Info

Registration fee is \$230.00 per person. Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, instruction and events. Some courses require an additional fee and are marked with an \$.

Registration deadline is March 15, 2014. Registrations will be accepted after the deadline if space is available. After this deadline, please call before submitting your registration to determine availability. Class changes will not be permitted after March 20th.

Questions?

Contact Kristina Hale
P 877-500-6151 ex. 193
E Khale@dnr.in.gov

Turkey Run Inn
8102 E Park Rd.
Marshall, IN 47859



Women's Wellness 2014 Registration Form

Submit this form no later than **March 15, 2014** to guarantee your registration for the Women's only Wellness Weekend at Turkey Run State Park Inn. Mail: Turkey Run Inn, 8102 E. State Park Rd, Marshall, IN, 47859 OR Fax: 765-597-2660

PARTICIPANT INFORMATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____ Evening phone: _____

Email address: _____

Please note: A paper confirmation of your registration will be sent to you. However please write your email legibly on the form in order to receive the confirmation electronically. Future WWW notifications will be sent by email.

- Registration fee is \$230.00 per person.
- If you are coming alone and would like a room to yourself, the fee is \$330.
- Registration must be accompanied by payment to secure a room for the conference.

If paying for more than one person, please send in all registration forms together and list their names below.

1. _____ 2. _____

3. _____ 4. _____

PAYMENT INFORMATION

Total: \$ _____ (please include extra fees for specially marked \$ classes)

___ Check Enclosed (Payable to Indiana DNR)

___ Credit Card: Choose one: ___Master Card ___Visa ___Discovery ___American Express

Credit Card #: _____ Expiration Date: _____

Signature: _____

Emergency contact Information: Name: _____ Phone: _____

Relationship: _____ Alt Phone: _____

Course Descriptions

Session Registration

- Please provide three different choices by placing the code corresponding to the course in the appropriate box below. See next page for course numbers.
- Each participant must complete a registration form. You may photocopy the form for additional registrations.
- If you have a class you absolutely don't want to miss, let us know. If you've requested it during a session that is full, we will make an effort to assign you to that class in an alternate time slot, if one is available.
- **IMPORTANT:** If you do not list three choices, you will automatically be given Free Time if your chosen session is full. If all three are listed we will ensure you get one of your three courses. (note: you may choose to schedule your own Free Time if you wish)

SESSION	Session 1 Sat, Apr 5 8:45 - 10:00 a.m.	Session 2 Sat, Apr 5 10:15 - 11:30 a.m.	Session 3 Sat, Apr 5 2:00 - 3:15 p.m.	Session 4 Sun, Apr 6 3:30 - 4:45 p.m.	Session 5 Sun, Apr 6 8:45 - 10:00 a.m.	Session 6 Sun, Apr 6 10:15 - 11:30 a.m.
1 st Choice						
2 nd Choice						
3 rd Choice						

Message Sign-Up

Massages will be offered on a first come, first served basis. The cost is \$30 for 30 minutes and \$60 for one hour. Choose your massage time from the choices below (only offered on Saturday). Be sure to indicate whether you want one hour or half hour by checking in the corresponding box. Please do not be late for your massage or you will lose that amount from your time! Cost of session is payable to the massage therapist at the end of the session. Time slots will fill quickly, so please register soon if this is a can't-miss for you!

Massage Times: Session 1, Session 2, Session 3 or Session 4.

MESSAGE	1 st Choice \$	2 nd Choice \$	3 rd Choice \$
Day			
Date			
Time (one hour)			
Time (half hour)			

Order your exclusive Women's Wellness Weekend Hooded Sweatshirt [HERE!](#) Only \$ 25.00
 Please indicate size, quantity and color: S _ M _ L _ XL _ 2XL _ 3XL _
 LIME GREEN _ NEON PINK _

Women's Wellness 2014 Registration Form

Course Registration

Please choose your top three class choices for each session. Courses with two parts require that you sign up for both in order to participate. Courses with a \$ require an additional fee. See course descriptions for details on each course. Classes with an * are held outdoors, so please dress appropriately for the weather. These classes will not be cancelled unless the weather conditions are severe. Arts and Crafts programs are introductory-level. Some programs will be more challenging than others. The quality of the final arts & crafts product will vary based on skill level of participant.

Course cancellations and changes: We may have to cancel a course if the instructor unexpectedly cancels or enrollment is insufficient. If you've requested a course that has been cancelled, we will assign you to your next available choice.

IMPORTANT: If you do not list three choices you will automatically be given Free Time if your chosen session is full. If all three are listed we will ensure you get one of your three choices.

Session 1

Sat., Apr 5 (8:45-10:00 am)

PH 1 Photographing with Love
YO 1 Yoga
BR 1 Birdwatching
BW 1 Basket Weaving I
CG 1 Container Gardening
WA 1 Water Aerobics

(Massage-see sign up times)

Session 2

Sat., Apr 5 (10:15-11:30 am)

LC2 Leather crafting coin pouch
AR 2 Archery
SS 2 Small Steps to Health
BW 2 Basket Weaving II
PI 2 Pilates
HR 2 Horseback riding

(Massage-see sign up times)

Session 3

Sat., Apr 5 (2:00 - 3:15 pm)

YO 3 Yoga
CE 3 Clay Exploration
LC 3 Leather crafting belt making
AR 3 Archery
PP 3 Grandma's Pie Plate
WT 3 Wine Tasting

(Massage-see sign up times)

Session 4

Sat., Apr 5 (3:30 - 4:45 pm)

CE 4 Clay Exploration
GC 4 Geocaching
PI 4 Pilates
BK 4 Beginning Knitting
EM 4 Edible/Medicinal Plants
HR 4 Horseback Riding

(Massage-see sign up times)

Session 5

Sun., Apr 6 (8:45-10:00)

MW 5 Make a Walking Stick
NJ 5 Nature Journaling 1
BK 5 Beginning Knitting
BR 5 Birdwatching
WA 5 Silver Sneakers Splash
MC 5 Be Brilliant at Basics

Session 6

Sun., Apr 6 (10:15- 11:45)

CE 6 Clay Exploration
NJ 6 Nature Journaling 2
GC 6 Geocaching
CK 6 Cardio Kickboxing
WT 6 Wine Tasting
WW 6 Wildflower Walk

EXCLUSIVE!

Order a Women's Wellness Weekend Hoodie for only \$25! Send in your money with your registration, and your shirt will be waiting for you when you arrive! See the order space above.

Course Descriptions

Classes with an asterisk () are held outdoors, so please dress appropriately. These classes will not be cancelled unless weather conditions are severe. Classes with a dollar sign (\$) will have an additional fee which should be paid with your registration. Arts and Crafts programs are introductory-level. Some programs will be more challenging than others; the quality of the final project will vary based on skill level of participant.*

Archery Basics (Sessions 2, 3)*

Learn how to shoot with a bow. Your instructor will cover basic safety and shooting techniques, and then allow time to practice your new skills. This is taught by a DNR wildlife biologist.

Basket Weaving (Session 1, 2) \$10

Come to this fun class to learn basket making skills. You will make your own basket, called the "Carolina Candy Dish" in a 2-part session. If you wish, you can sign up for the first session only and take your unfinished basket home with you to complete at a later time.

Be Brilliant at the Basics (or: Green Cleaning) (Session 5)

This workshop will allow you to clean your home guilt-free, learn to evaluate labeling information on commercial products, help you become more aware of the effects of chemicals on humans and the environment, and take a look at alternative homemade cleaning products. Join us for a great time with a move to the basics!

Beginning Knitting (Sessions 4, 5) \$6

The class will consist of a brief overview of tools, yarn, and patterns. The majority of the time will be spent learning casting on, knitting, and purling techniques. Time allowing, increasing, decreasing, and binding off techniques will be demonstrated.

Birdwatching (Sessions 1, 4)*

Learn how to identify common (and not so common!) birds of Indiana by their songs and their appearance. Your guide, a naturalist with the Indiana Dept. of Natural Resources, will lead a classroom lecture followed by an outdoor birdwatching hike. Bring your own binoculars if you have them.

Cardio Kickboxing (Session 6)

You will put kicks, punches and boxing/karate techniques to music in this fun and innovative workout. This class incorporates cardiovascular conditioning, muscle strengthening and flexibility.

Clay Exploration (Sessions 3, 4 and 6) \$17

No experience needed, only your hands get messy in this class! Create your own picture frame, vase or plate out of clay. Our artist will guide you through the process of creating your own clay artwork. Projects will be fired off premises and returned by postal mail. This is a special class, so the cost is a little higher, but well worth it!

Container Gardening (Session 1)

Are you limited on space for gardening, or just not sure where to start? Join a Master Gardener to learn how to make beautiful groupings of plantings by appealing through color, and the use of vegetables. A different way to garden, and you don't have to have a green thumb!

Early Morning Hike (See schedule)*

Join your guide for a hike starting at trail #?. This two mile hike, which winds along paths of the beautiful Turkey Run State Park, is a great way to clear your mind and get some exercise! Be sure to wear good shoes for hiking.

Geocaching (Sessions 4 and 6)*

Geocaching is like modern treasure hunting. Learn how to use a GPS (Global Positioning System) and a map to discover hidden treasures. Some of this class is held outdoors so be sure to dress appropriately.

Horseback Riding (Sessions 2, 4)* \$10 **NOTE: money must be paid directly to saddlebarn, CASH ONLY**

Join the gang at the saddlebarn for a 1mile trail ride through Turkey Run State Park. Get a view of the park that you can't see from the ground! Dress appropriately because we will not cancel unless trails are impassible.

Leather Crafting (Sessions 2 and 3) \$6 coin purse; \$15 belt

Have you always wanted to try leatherwork? Learn the art of creating beautiful and useful articles of leather. This class will teach you the ABC's of leathercraft. One class will learn to make a coin pouch, and one will make a belt. (see schedule for the corresponding craft type and class)

Course Descriptions

Native Edible and Medicinal Plants (Session 4)

This will be an introduction to medicinal and edible plants that you can learn to find and identify growing in nature, from your backyard to the backwoods. This class is taught by a Master Naturalist.

Nature Journaling (Sessions 5 and 6) * \$7

Learn to record your observations about the natural world in this special class. You will be given journals, charcoal, and pencils and will not only write about but also make drawings of your experiences. This is a two part class and you must attend both to complete the course. Part of the time you will be outdoors, if weather allows.

Photographing with Love (Session 1)

This course will show you some simple secrets for taking beautiful pictures of the special people in your life! Have you always wanted to take portrait-perfect pictures? Bring your digital camera for this class and learn how to take pictures like a professional.

Pilates (Sessions 2, 4)

One of the latest crazes in exercise, this stretch and tone workout enhances posture, muscle balance, tone, flexibility and mind-body control. A certified Pilates instructor will lead you through various conditioning exercises that work the whole body. You will leave relaxed, but invigorated. The class occurs primarily on a mat. You may bring your own.

Silver Sneakers Splash (Session 5)

An aqua exercise class offering lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required; the participants sit in chairs to develop strength, balance, and coordination. Wear your bathing suit.

Small Steps to Health and Wealth (Sessions 2)

This course is taught by one of our Purdue extension financial experts. This is a program that encourages individuals to improve their health, by developing an action plan to improve their finances. Get financially fit and healthy!

Walking Sticks (Session 5)\$5

Just what it sounds like; a class where you can make your own walking stick! Carve and woodburn using materials we provide to make a sturdy, useful and unique hiking stick so you can enjoy our gorgeous park trails. A DNR naturalist will lead this class.

Who Gets Grandma's Yellow Pie Plate? (Session 3)

You will get the benefit of a Purdue extension financial expert in this very popular course. This is a family-focused educational program designed to encourage communication and informed decision-making among members of a family, as they work through the process of transferring property. This is a task that we all face at some time in our lives; learn some valuable tools for making the burden easier.

Wildflower Walk (Session 6)*

Come take a walk on the wild side! A Purdue Extension specialist will lead an outdoor walk and you will learn wildflower identification along the way. Learn the wildflowers of Turkey Run State Park during this walking tour. Bring appropriate clothing and shoes, and a camera or notebook if you wish!

Wine Tasting (Sessions 3, 6)

Love wine, but don't know a Chablis from a Chardonnay? Or how to pair foods with wines that compliment them? Try this class with our resident sommelier and learn the techniques of proper wine tasting and pairing. You will be tasting wines in this class.

Yoga (Sessions 1 and 3)

This yoga class will help tone your muscles as you learn Yoga postures, or Asanas. Balance, strength and flexibility are all benefits of yoga, and you will leave your workout calm and refreshed. You may bring a mat if you own one.

Water Aerobics (Session 1)

A moderate workout; each participant will work to her ability. This class is designed to increase muscle tone, flexibility, lung capacity, and core. Come try a great aerobic workout without putting stress on the knees, ankles, or lower back. A cross-training activity for anyone who wants to try something new! Wear your bathing suit.